

small batch ALL DAY MENU



THE BANGS

BIG BANG GFO DFO

Bacon, eggs, sausage, mushrooms, house hash & toast.

VEGE BANG GFO

Halloumi, eggs, mushrooms, house hash, house beans & toast.

VEGAN BANG v

House sausage, mushrooms, greens, house hash, house beans & toast.

KETO BANG GF

Bacon, mushrooms, halloumi, eggs, avocado & greens.

THE HASH

HOUSE HASH GF

Poached eggs, hollandaise with bacon or hot smoked salmon.

VEGAN HASH GF v

Portobello, greens, facon & almond hollandaise.

GF GLUTEN FREE, GFO GLUTEN FREE OPTION,
DF DAIRY FREE, DFO DAIRY FREE OPTION,
V VEGAN, VO VEGAN OPTION



23

THE REST

TOAST & SPREADS GFO v

Shelly Bay toast with your choice of spreads.

EGGS GFO DFO

On Shelly Bay toast. Add kasundi 2 | dukkah 2 | sauerkraut 1

GRANOLA vo

Keto, cherry coconut or sugar free w/ fruits & Greek yoghurt.

EXTRAS

HOLLANDAISE

BEEF SAUSAGE

HALLOUMI

MUSHROOMS

WILTED GREENS

HOUSE BAKED BEANS GF DF v

BACON

HOUSE HASH

HOT SMOKED SALMON

2
5
5
5
5
5
6
6.5
7



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BAGELS

GF & KETO OPTIONS AVAILABLE

MUSHROOM vo

With cream cheese, harissa and spinach.

BACON

With egg, house BBQ and rocket.

HALLOUMI

With beetroot, walnut pesto and balsamic.

AKAROA COLD SMOKED SALMON 17

With capers, cream cheese & rocket.

CHICKPEA DELI SALAD v 14

With greens and beetroot relish.



SMOOTHIES

GF, DF & VEGAN

BLUEBERRY SUPER

Blueberries, banana, coconut, cashews, lime, ginger.

HEMP ENERGIZER

Almonds, dates, cocoa, hemp seeds, banana, cinnamon.

IMMUNITY

Avocado, banana, ginger, turmeric, lime, chilli, spinach.

KIWI KALE

Banana, kale, coconut, almonds, kiwifruit.



LUNCH SPECIALS FROM 11.30

Ask our team or see the board for the weekly specials.

SOUP OF THE WEEK
WHOLESOME BOWL OF THE WEEK
KITCHEN SANDWICH OF THE WEEK

